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## Learn...

Want to try your hand at canning but think it's too complicated? It's really not, and the best way to learn is to jump right in and start. That's what I did, and now I am really enjoying it.

For beginners, I recommend starting with water bath canning. This method is nothing more than a way of preserving food in boiling water (212 degrees) in a large pot made of aluminum or porcelain-covered steel. While the jars are boiling the process kills micro-organisms and forces air out. The cooling process creates a vacuum seal. Read more...

<http://www.missladybugsgarden.com/4/post/2011/12/lets-start-canning.html> [1]

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Canning for Beginners

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